



PELHAM RECREATION DEPARTMENT
20 FIFTH AVENUE-738-0153/FAX 712-0586

"STRONG MAMAS" WOMEN'S FITNESS
APRIL-JUNE 2011



If you are looking to increase your energy, boost your metabolism, decrease your risk of osteoporosis, decrease you body fat and have a great time, then this class is right for you! The classes are fun and high energy and quite a workout! There are modifications made for anyone who needs low or no impact due to injuries or pregnancy. The focus of the class can be strength building and flexibility, both of which will improve the quality of your life. (You may bring your small children to this class)

DATES: Tuesday: April 12, 26; May 3, 10, 17, 24, 31; June 7, 14
Fridays: April 15, 29; May 6, 13, 20, 27; June 3, 10, 17

TIME: 9:10 - 9:55 AM

PLACE: Richard J. Daronco Town House—Main Room, 20 Fifth Avenue

EQUIPMENT: Bring a bottle of water, beach towel/yoga mat and weights that are appropriate for your fitness level (typically 3-8 lbs.) Contact Colleen Walsh for more information at: 914-589-6862 OR Colleen@sunandmoonfitness.com. Classes follow school calendar—snow days or delays will be added at the end of the session.

FEE: \$135 each 9 week session
Check or Money Orders only payable to: Pelham Recreation

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(Please return to Recreation office prior to start of class)

Name _____ Address _____

Home Phone _____ Cell Phone _____

E-mail _____

Check Class: Tuesday _____ Friday _____

Participant Signature

If, due to a disability, you need an accommodation or assistance to participate in Pelham Recreation programs, please contact us at (voice) 914-738-0153 or (TDD relay) 1-800-662-1220.

FOR OFFICE USE ONLY:

RECEIPT # _____ CHECK # _____ HOLD HARMLESS _____ ENTERED _____

Please fill out and sign Hold Harmless & Code of Sportsmanship Agreements on back

PELHAM RECREATION DEPARTMENT

PELHAM RECREATION DEPARTMENT CODE OF SPORTSMANSHIP AGREEMENT

One of the goals of the Pelham Recreation Department is to provide the people of Pelham with a safe, fair and fun environment where they can compete in a range of athletic activities.

In order to achieve this goal, it is essential that there is total cooperation among the athletes, coaches and parents in demonstrating GOOD SPORTSMANSHIP at all times.

Under no circumstances should any spectator or outsider interfere with any of the children, coaches or officials.

Any disruption of a game makes it virtually impossible to organize and instruct the children, and thus, will not be tolerated.

The spectator will be asked to leave the field or playing area.

So that everyone benefits from a successful program, those participating in a Pelham Recreation Department-sponsored event is asked to sign this Code of Sportsmanship Agreement.

Name _____ Signature _____

HOLD HARMLESS AGREEMENT

Important: This agreement contains a waiver of rights by the people signing it. Please READ IT CAREFULLY. If you have any questions or reservations about it whatsoever, please do not sign it.

This AGREEMENT entered into this ____ day of _____, 20__ by and between THE PELHAM RECREATION COMMISSION ("The Commission") and _____ (the "Participant"), or _____ (or he or she is under the age of 18 years.)

WITNESSETH: In consideration of the Participant being allowed by the Commission to participate in all Pelham Recreation programs to use the fields and facilities of the Town of Pelham and the Pelham Union Free School District in consideration of the covenants and representations herein made, the Participant do(es) hereby agree as follows:

1. The Participant as the case may be, do hereby release and discharge and agree to hold harmless the Town of Pelham and its Town Council, The Pelham Recreation Commission, The Pelham Union Free School District and its Board of Education, and their members, officers, directors, employees and agents (including persons serving as volunteers) (Hereafter collectively referred to as "the Sponsor") individually and collectively of and from any and all liability, action, cause of action claim, demand and responsibility whatsoever in law and in equity, arising out of or in consequence of the Participant participating in the Program, or being a passenger in a vehicle provided by the Sponsor in conjunction with the Program – including specifically but without limitation injury and/or death – unless the same is caused by the gross negligence or willful misconduct of the Sponsor.
2. The Participant(s) specifically acknowledge the potential of risk and injury involved in participation in the Program and do hereby assume said risk and authorize the Commission or its representative to obtain emergency medical treatment for the Participant should the same be necessary during the course of the Program and should the Commission or its representative be unable to make immediate contact with the Participant. The Participant or the Parent(s) shall be responsible for the costs of said emergency treatment.
3. It is understood and agreed that the Town of Pelham, the Pelham Recreation Commission, and the Pelham Union Free School District shall not be required to maintain medical or hospitalization insurance coverage with respect to the program and those who participate in it.

(Participant) _____ Signature _____

Pelham Rec. Dept. _____